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Tuesday, October 2, 2012

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"Something big is here" say witnesses

If you happened to be at the corner of East Nadler St and Wells Avenue last night, you may have witnessed something surprising to say the least — a pair of giant dice rolling down the street. "It was unbelievable," said a witness who wishes to remain anonymous. "We were literally having a coffee and a huge shadow came over our table."

Other area folks were equally excited. Driver William described it as something out of a movie. Like, a good movie where there's lot of action and stuff and everyone's excited to see what's going to happen next, you know?"

At press time, it remained to be seen exactly what the dice represent for the Multiple Draw Lottery. Multiple Draw Lottery report that the dice landed at the corner of a popular downtown store.

"This is a local resident. How?" This is the first time I've been looking forward to my whole life. I knew that giant dice were out there and to finally see them, well, I can't tell you how excited it makes me," Ms. Howe also offered that she expects to see "more giant dice activity" in the days and months to come.



focused last night by the appearance of giant dice all over our city streets.

Some say the dice were just a promotion, designed to create excitement for a new lottery game called MEGADICE Lotto.

But it's this humble

dice that you get a chance to win right there in the store, with an animation that plays out right in front of you that shows you your own personal roll of the dice. It's a powerful moment of excitement, but it doesn't end there. Next, the clerk hands you a ticket. What's this? Another ticket? Turns out it's the same ticket! Yes, you heard that right, folks. This game is so action-packed you

get two chances to win. The second winning opportunity takes place at night. Every night of the week there's a draw for \$100,000. With every play you get two chances to win.

So what does this mean to the average consumer out there? Well, I can tell you that there was a real feeling of excitement out there last night, and there's no sign of it abating anytime soon.

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Wednesday's
Jackpot

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Stricter smoking rules pass hurdle

New bylaw pending. Council committee wants people to butt out in certain areas but snuffs idea of outright ban in parks



ANGELA
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Lighting up near recreation areas and doorways of city-

owned buildings could soon warrant a fine.

The city's community-services committee will recommend that council pass a bylaw on Oct. 9 prohibiting smoking within nine metres of playgrounds, building entrances and other public places.

The recommendation comes after people showed overwhelming support on Monday for a much more stringent proposal that would have banned smoking in parks.

Five people spoke in favour of the ban and several others submitted letters of support before the meeting. Some said protecting kids should be one of the main reasons for taking that route.

"We're fortunate as Canadians to be able to choose to do many things. One of those is to smoke or not to smoke," Kimberly Cairns, a city resident, told the committee.

Children are exposed to smoke in parks, "so, in essence, they are being forced

Smoke gets in your eyes

25-30

The number of feet tobacco smoke can drift, depending on air flow and weather conditions.

Source: Middlesex-London Health Unit

to smoke," she said.

Only two people opposed to stricter rules took the floor.

A bill that goes further than the Smoke-Free On-

tario Act would be akin to the "persecution of those addicted to tobacco," Londoner Michael Lewis said.

City officials have been mulling new smoking rules since the Middlesex-London Health Unit suggested it in February.

Administrators researched the idea and, in August, presented councillors with several options. They included posting signs suggesting people refrain from smoking in parks and creating designated smoking

areas.

An all-out ban was the most extreme suggestion.

The option chosen at Monday's meeting strikes the right balance, some councillors said.

"We'll send a message that we want a healthier community but, again, it won't push people away from certain activities," Coun. Bill Armstrong said.

Follow Angela Mullins on
Twitter @MetroAngela



YARN BOMB!

Jenn Kobler, 18, of London "yarn bombs" the upper branches of a Victoria Park tree on Monday. Kobler, a co-founder of Young Underground Canadian Knitters, and other members of the group were commissioned by ReForest London to give city trees a woolly makeover to mark this week's Canadian Urban Forest Conference at the London Convention Centre. ANGELA MULLINS/METRO

A bolt from the blue bin

The city hopes to save up to \$250,000 a year by cracking down on reprobate recyclers

PAGE 3

Falling behind

Educated young Canadians are mired in debt and facing intense competition for jobs, a new report suggests

PAGE 6

Tired of turkey?

Try cranberry-stuffed pork tenderloin this Thanksgiving

PAGE 15

Eternal optimist

Wayne Gretzky holds out hope that the NHL lockout will end and players will be back on the ice by Jan. 1

PAGE 20



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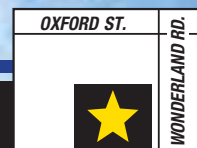
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Proposals due Friday

Ignite seeks health speakers

Ignite Health Ontario, a branch of the community group Ignite London, is now accepting speaker applications for its first show on Oct. 24.

Presentations should be five minutes in length and based on a health-related topic, such as exercise or mental health. **METRO**

Sewer repair

Reduced lanes on Oxford Street

Oxford Street West in front of Cherryhill Mall will be reduced to one lane in each direction beginning Tuesday as a sewer repair is completed. The work will take place between Cherryhill Boulevard and Foster Avenue. It will start at 7 a.m. and is scheduled for three days. **METRO**

Run for the Cure

Correction

The London portion of the Canadian Breast Cancer Foundation CIBC Run for the Cure, held on Sunday, raised \$713,659.51. There were 3,971 registered runners and walkers for the event.

Incorrect information appeared in Monday's edition of Metro London. **METRO**

Rock legends

London to go Fanatic for Heart

Rock legends Heart will bring their Fanatic tour to the Forest City next year.

Ann and Nancy Wilson and the rest of the band will perform March 20 at the RBC Theatre at Budweiser Gardens. Tickets (\$86.75, \$71.25) go on sale Oct. 12 at 10 a.m. **METRO**

Budweiser Gardens

Diana Krall to jazz up downtown

Grammy Award-winning jazz vocalist/pianist Diana Krall will perform in London on March 4.

Tickets (\$76.75, \$96.75, \$111.75) for the show at the RBC Theatre at Budweiser Gardens go on sale Friday at 10 a.m. Call 1-866-455-2849 or visit budweisergardens.com. **METRO**

City looking to crack down on those who break recycling rules

Raising awareness.

Proper use of blue boxes could save \$250K: Officials



ANGELA MULLINS

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The city could save upwards of \$250,000 a year if at least 97 per cent of items placed in blue boxes were actually recyclable and were properly sorted, city officials say.

Jay Stanford, director of environmental programs and solid waste, wants council to give the OK for an awareness campaign aimed at hitting the target. Right now, between 94 and 95 per cent of what's collected from blue boxes is recyclable and sorted.

"Eighty per cent of Londoners are doing this very well right now," Stanford said. "Our target is the 10 to 20 per cent that, for whatever reason, are not."

Council's civic works committee OK'd moving ahead with the campaign Monday. It will be up for a final council vote Oct. 9.

The effort would include public-service announcements along with tagging and, eventually, not empty-

How it works

The following steps are key to making sure blue boxes are properly sorted and filled with the right stuff, said Jay Stanford, the city's director of environmental programs and solid waste.

- Every home should have two blue boxes.
- One should be reserved for paper products. The other should be for containers, including pop cans and water bottles.
- Large pieces of cardboard should be flattened, bundled and left beside a blue box.

ing blue boxes deemed non-compliant. Staff also showed support Monday for making permanent stickers available to homeowners so they can label boxes to clearly indicate what should be placed in them.

Costs of the campaign would be covered by money already set aside for advertising, Stanford said.

The city needs as many people as possible to play by the rules, Stanford said.

An agreement with Mil-



Jay Stanford, the city's director of environmental programs and solid waste, middle, talks Monday in council chambers about the benefits of an awareness campaign to promote proper use of blue boxes. ANGELA MULLINS/METRO

ler Waste Systems allows the contractor to charge additional processing fees when less than 97 per cent of items brought to the city's recycling centre are in compliance.

In August, nearly six per cent of items brought to the facility either weren't recyclable or weren't sorted (about 94 per cent in compliance).

The city has been charged

about \$190,000 in extra processing fees so far this year.

Follow Angela Mullins on Twitter @MetroAngela



Dream Lottery launches fall campaign



The Dream Lottery fully furnished dream home is located at 870 Thistleridge Cres. CONTRIBUTED

After 18 years of offering a chance to win big each spring, the Dream Lottery has officially broadened its horizons.

On Monday, the fundraiser announced its plans to also run a fall lottery, with its inaugural draw being held on Jan. 10, 2013.

A total of 240,000 tickets are ready for purchase. The cutoff for the final draw is Dec. 13.

Donations, which have reached an accumulated mark of \$21.8 million, support the London Health Sciences Centre, Children's Hospital at London

Dream Lottery tickets

- 2 for \$50
- 5 for \$100
- 15 for \$250
- 35 for \$500

Health Sciences Centre, and St. Joseph's Health Care London.

The grand-prize winner this fall will have three options to choose from: A fully furnished home in London, \$500,000 in cash or an Infiniti car.

In total, 10 cars and 30 vacations are up for grabs.

There are various ways of getting a leg-up on other participants.

If you buy a ticket before midnight Nov. 1, you're eligible for the VIP draw, while entering before midnight Nov. 20 puts you in the bonus draw. Then there's the early bird draw, which rewards those who enter before midnight on Dec. 4.

Tickets are available at dreamitwinit.ca by calling 519-488-7100 or visiting participating Shoppers Drug Mart locations.

JOHN MATISZ/METRO

1 NEWS

On the web



Qriket

A skateboarder and a deer go head-to-head. Who wins? Scan the code to see it for yourself.

Tories won't support Liberals' wage-freeze bill, Hudak vows

Public-sector pay. With NDP firmly opposed, Grits will need at least two PC votes to pass legislation

The minority Liberal government's plan to impose a wage freeze on nearly 500,000 Ontario public-sector workers appeared doomed on Monday as the Tories became the second opposition party to say they would not vote for the draft bill.

The proposed legislation has "no backbone" because it exempts municipalities, police, firefighters and public-transit workers, and it fails to impose an immediate pay freeze, Progressive Conservative Leader Tim Hudak said.

"I'm prepared to be part of genuine solutions to address the debt and spending crisis (but) this does neither, so, no, we can't support this proposal," Hudak said of the draft bill unveiled last Wednesday by Finance Minister Dwight Duncan.

The Liberals' bill would

The Tory take

- The Tories agreed to support the Liberals' bill imposing a contract on teachers, even though it fell short of the full wage freeze they demanded, saying "half a loaf" was better than nothing.
- But the bill affecting the broader public sector must freeze wages now and strengthen the arbitration process, Hudak said.

freeze wages for two years after current contracts expire, but, like legislation last month that imposed a contract on teachers — which passed with Tory support — it would also allow

some upward movement on salary grids.

A spokesman for Duncan said the finance minister was "very disappointed" with the PC leader's dismissive response

to a bill the government had spent months drafting.

The Tories tried to pass their own legislation that would have opened existing labour contracts to impose an immediate freeze on public-sector pay, and complained the Liberal bill still allows for performance bonuses that were given to 98 per cent of government managers last year.

"I think those (bonuses) should be stripped away until we balance the books at the very least," Hudak said.

The New Democrats flatly oppose any wage-freeze legisla-

tion, predicting it will be struck down by the courts and end up costing taxpayers more in the long run.

"It's easy to take that ham-fisted approach, but if it's irresponsible and if it's going to cost us more money in the long run, then I think it's the wrong way to go," NDP Leader Andrea Horwath said.

The Liberals say a wage freeze will help eliminate a deficit of almost \$15 billion while protecting jobs and government services rather than forcing them to lay off workers.

THE CANADIAN PRESS



Run, kids, run! Thousands of students to take part in cross-country meets this week

Runners in the boys' 13-and-older race in the London District Catholic School Board cross-country meet barrel down a hill at Regina Mundi College on Monday morning. Over four days this week, some 7,400 students from more than 100 local elementary schools will take part in the annual event. JOHN MATISZ/METRO

Fronts hot off the hop in OHL Week 2

It was a disappointing week for London Knights supporters as the club fell from first to fourth in the Midwest Division, dropping 2-1 and 4-1 games to the Kitchener Rangers and Guelph Storm, respectively.

On the flip side, London still boasts the second-best goal differential in the OHL, with a plus-8 rating.

Such is week-to-week life in a young season.

Compared to last week, though, there's much more to talk about, as each team has at least three games behind it.

Can the Fronts keep this up?

The short answer is no, since an unbeaten season



from the re-building Kingston Frontenacs is improbable, to say the least. The long answer, considering inevitable losses, is

maybe.

The OHL's lone undefeated franchise has a shiny 3-0 record. And it's no fluke.

The Frontenacs' opponents haven't been pushovers, facing off against Eastern Conference juggernauts Barrie and Niagara and a slow-but-steady Erie.

Kingston forward Ryan Kujawinski, acquired last year in a trade from the Sarnia Sting,

was named OHL player of the week on Monday.

The 2013 NHL draft-eligible player should easily improve on the 36 points he recorded in 59 games as a rookie. In Week 2 alone, he registered five points in two games.

Slow starts hampering London:

Apart from jumping out to a 2-1 lead on opening night, the Knights have been playing a lot of catch-up hockey.

The y



battled back on Sept. 23 to eventually demolish the Guelph Storm, 8-2, but the other two results have been not so kind.

Brett Welychka's first-period power-play marker against the Storm in Sunday's game was a ray of hope, after the Knights failed to score until 15:40 of the third period against the Kitchener Rangers on Friday.

But, as the recent 4-1 loss to Guelph suggests, good teams won't allow you to make a comeback every time.

Double-digit goals: Who's first?

Columbus Blue Jackets prospect Boone Jenner is cur-

rently at the top of the OHL goal-scoring list. And, considering the Oshawa Generals' schedule, the Dorchester native is a favourite to reach the 10-goal plateau first. Jenner, 19, has seven goals through five games.

Knights sniper Seth Griffith, second in OHL goal-scoring, with six, has an extra game in Week 3. This gives him a chance to win the race to 10, albeit at a two-goals-a-game rate.

In Week 4 Oshawa plays four times, which will bring the team's game total to 10, and provide Jenner with a real chance of reaching double digits first.

JOHN MATISZ/METRO

Huron County

Police identify two injured in barn blast

Huron OPP have released the names and ages of two people injured in an explosion on Sunday at a pig barn near Seaforth.

Dann Eedy, 25, and Joshua Purdy, 15, both from Huron East, were airlifted to a London hospital with major injuries after the blast, which happened as they were draining manure in the barn.

Officials are continuing to investigate the cause of the explosion.

AM980/AM980.CA

The RiteWay to Shop for Windows and Doors

Buying windows and doors can be a frustrating experience, as Roy Carter discovered a few years ago when building a home.

Although he and his wife spent hours making choices about the design and construction of their home, when it came to the windows and doors, his builder offered him very little choice. And the truth is, he didn't know enough about the subject to ask many questions.



"I was like most people, I suspect, and just went along with what the builder offered," Carter recalls. "Most of us don't know anything about windows and doors. It's not like we're buying them regularly. And then, if we do some research and really learn what we want, there usually aren't any places where you can get choices."

Before creating RiteWay, Carter was one of three partners who owned and operated the TSC Stores chain. Four years ago, he used that experience to create RiteWay Building Products Inc. with a single aim: to give homeowners a better experience shopping for windows and doors.

"We looked at the marketplace from a consumer's point of view and saw several wrong ways to buy windows and doors. At

one end of the spectrum was the guy showing up at the door, loaded down with briefcases, brochures and a corner sample of a window; not exactly someone I'd put a whole lot of trust in. At the other end were the lumberyards and warehouse disposal guys. Their displays didn't do much to tell me how a window would perform in my own home, and good luck finding someone with any expertise that could help you." Carter also questioned the traditional corner sample sales pitch. "I never got the concept of a sales guy showing up with one corner sample of a window and expecting me to make an informed purchasing decision from that. It was like

showing me a bumper and asking me to buy the whole car. I'd like to see and try the whole window, thanks."

Carter's response to the void was to open a huge showroom, the largest in the city, and put dozens of windows and doors on display. "We invite people to come and see all the different brands and styles of doors and windows we have... how they work, what they look like installed and really get a feel for how they would work in their homes," Carter says. "It's a complete retail experience. That's how I like

to shop. They can get a sense of what we have to offer before inviting us into their homes to measure and talk about specifics."

Some of those specifics relate to the location and function of the window within the home. "Before you buy a bunch of windows and put them in, you should consider where in the house they are being installed," Carter says. "Someone with a north facing window might want the heat to penetrate more but want a south facing window to block UV rays and protect carpet and furniture inside. Different coatings on the glass can achieve different goals."

Another consideration is the insulation R-value of windows. Many new windows only rate as R-3 to R-4. "People insulate their walls up to R-20, then we put these big holes in them that aren't even half as well insulated," Carter notes. "The heat just pours out. We sell windows with ratings up to R-20, and they make a huge difference."

"We offer a lot of choice, but also try to educate people about their windows," Carter says. "One of the toughest questions is when to replace windows. We can help figure that out."

RiteWay also features a wide selection of doors in a variety of styles and materials that can add a decorator flair to any home.

When you put it all together, Carter's vision for window and door shopping is the RiteWay for many homeowners.



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Literature

Jury reveals nominees for Giller Prize

Lyrical, earthy, soulful, hushed and loud works are on the shortlist for the 2012 Scotiabank Giller Prize, according to the jury. The list for Canada's most distinguished literary prize, worth \$50,000 to the

author of the best Canadian novel or short story in English, was announced Monday.

It includes Alix Ohlin for *Inside*, also on the short list for the Rogers Writers' Trust Fiction Prize.

Other Giller contenders include Will Ferguson for *419*, Nancy Richler for *The Imposter Bride*, Kim Thúy for *Ru* and Russell Wangersky for *Whirl Away*.

—TORSTAR NEWS SERVICE

Tainted meat

Beef emerges over Tories' handling of E. coli contamination

The Liberals and the NDP are ganging up on the government over the safety of Canada's meat supply.

NDP Leader Tom Mulcair and acting Liberal counterpart Bob Rae took turns during question period taking

the governing Conservatives to task for failing to alert Canadians about meat from an Alberta packing plant that's tainted with E. coli.

Mulcair conjured memories of the Maple Leaf Foods listeriosis outbreak of 2008, while Rae demanded to know why it took more than two weeks for the federal government to notify Canadians about the risk of meat from the XL Foods plant in Brooks, Alta. —THE CANADIAN PRESS

Corrections Canada

Feds looking into panic buttons for parole officers

The federal government is exploring the notion of providing 1,000 community corrections staff with GPS-linked panic buttons.

Public Works has issued a "letter of interest" to potential suppliers, seeking

advice on how to go about creating a cross-country safety system for parole officers and other staff who work with offenders in the community. Corrections Canada says it wants a personal safety device that can be operated from the field using one hand, anywhere in Canada at any time.

The last parole officer killed by a parolee was Louise Pargeter in Yellowknife in 2004. —THE CANADIAN PRESS

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report.

Study shows troubling portrait of educated Canadians who are buried in loans but lack opportunities



SEAN MCKIBBIN
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, says a new report titled *Vital Signs* from the Community Foundations of Canada, being released today.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird says Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with

Change of plans

"The linear path from school to career, home ownership, and family has disappeared."

Ian Bird, President and CEO of Community Foundations of Canada, later describing the situation for Canadian youth as "alarming."

a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers will begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.



In this screen grab from Fox's TV series *New Girl*, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youths are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. —CONTRIBUTED

Do the math

50%

The *Vital Signs* report says youth, who comprise 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K

Youth employment stands some 250,000 jobs below the pre-recession peak.

1/3

One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%

In low-income communities, dropout rates can be more than 70% vs 6-11% in affluent neighbourhoods.

20-30K

The average debt load for Canadian students ranges between \$20,000-\$30,000 across Canada, except in Quebec, where it's \$14,000.

MP sorry for 'insensitive' remarks about Layton's death

Conservatives found themselves cringing once again Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing something that leaves people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

"I actually think one of the great stories that was missed

by journalists was that Mr. Mulcair, with his arm twisted behind the scenes, helped to hasten Jack Layton's death," Anders was quoted as saying.

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

"If I was (Prime Minister

Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

—THE CANADIAN PRESS

Not views of @pmharper

The Prime Minister's Office was quick to distance itself from the remarks.

- "To be clear, Mr. Anders' comments regarding Jack Layton in no way represent the views of @pmharper or the Government," tweeted Andrew MacDougall, Stephen Harper's director of communications.



Conservative MP Rob Anders, who said that NDP Leader Tom Mulcair helped hasten the death of his predecessor Jack Layton, rises in the House of Commons on Wednesday. —ADRIAN WYLD/THE CANADIAN PRESS

Helping kids be healthy inside and out

Steps to success

Lutherwood offers specialized children's mental health programs tailored to the needs of each individual — like STEPS, a day treatment program that combines education and treatment under one roof.

At STEPS, young people ages 12 to 16 learn coping strategies they can take away and use forever — in one semester. Each student has a primary counsellor, plus an extensive support team that ranges from a psychologist to music and recreation therapists.

The intimate classroom includes both a special education teacher and a youth counsellor for the eight students. And it's OK to sit on the floor or even step out for a mind-clearing walk if that helps a student manage stress. Many students want to stay for a second semester, but the whole idea behind STEPS is applying new tools in the world outside.

Launched 10 years ago by Lutherwood, STEPS is a proven success. Close to 90 per cent of graduates leave the program with improved scores on a test of emotional function.

An equal proportion are in school or working full time at least six months after graduation.

"Many families have lost hope when they come to us," says Dr. John Colangeli, chief executive officer of Lutherwood.

"We know we have succeeded when these children leave us with coping strategies in their minds and hope for the future in their hearts."

The RBC Foundation has funded Lutherwood, home of STEPS and other programs for youth, as part of the RBC Children's Mental Health Project since 1995.



"I was terrified that if we didn't find the answer, he would see no way out," Kim Devine says of her son, Christian.

How one teen found hope

By Rona Maynard

Kim Devine had never felt so helpless. At 14, her son Christian refused to go to school. He wasn't cutting his Grade 9 classes to hang out with the wrong crowd. He simply stopped getting out of bed in the morning. And he couldn't tell her why.

On the face of things, Christian was the ideal teen: kind, polite, compassionate. But mention school and he would shut down. As far back as junior kindergarten, he had been one of those sensitive kids whom classmates would tease and hit because he wouldn't fight back. "When kids are little and they have an earache, they can tell you, 'My ear hurts,'" says Christian's mother, Kim Devine. This time she didn't know what was hurting.

As meeting after

meeting at the school accomplished nothing, Kim watched sadness overtake her son. She worried about suicide, second only to car accidents as a cause of death in young people¹. She would read about quietly miserable kids who take their lives — kids who sounded a lot like her son. "I was terrified that if we didn't find the answer, he would see no way out," she recalls.

Kim and Christian's father, Peter Devine, took their child to the family doctor, two psychiatrists and a year of family counselling, but Christian's spirits didn't lift.

He told them, "I'll do whatever it takes. I just want to get better."

They were hoping he would feel safer in a private school until they heard about STEPS, a free day program offered by Lutherwood in Waterloo, Ont.

Designed for kids like Christian who bottle up their problems, STEPS combines education and treatment in a class of eight students aged 12 to 16. Christian enrolled last winter and graduated in June with a near-perfect attendance record. Here is what the program gave him:

• **A DIAGNOSIS:** Christian's first full psychiatric assessment showed that he was suffering from anxiety and low-level depression, two of the most common mental illnesses in children². He now takes anti-depressants. Medication doesn't "make me the happiest person on Earth, but it helps me sit back and think before I act," he says.

• **SELF-AWARENESS:** Christian learned strategies for managing his emotions before they overwhelm him. A talented pianist, he discovered that music relaxes him. Woodworking class revealed another gift that he plans to apply in a trade.

• **A CHANCE TO SHINE:** At STEPS, Christian met kids more anxious than himself. With his thoughtfulness and charm, he assumed a leadership role. When a classmate was afraid to enter the building, a therapist chose Christian to reassure the student.

• **CONFIDENCE:** At his June graduation from STEPS, Christian played a favourite song of his godfather's, learning the song in one night.

RBC® supports kids like Christian

Since 2008, the RBC® Children's Mental Health Project has donated more than \$12 million to more than 200 organizations across Canada. You can help us help children. Visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health.

For every completed quiz, we will give \$2 to Kids Help Phone³, a free, confidential counselling service for youth nationwide.

³ To a maximum donation of \$50,000.

• **HOPE:** With the support of a STEPS transition worker, Christian has returned to a regular high school. Now 16, he is looking forward to college. "I know it's not going to be easy," he says, "but I know I'm going to try because I see a future for myself."

Rona Maynard is an author, speaker, mental health advocate and former editor of Chatelaine.



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This is a special feature brought to you by the RBC® Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

Gehry's vision. Architect's plans for Toronto mocked

Frank Gehry has heard the scathing reviews of the proposed condo and mixed-use development he's designed for downtown Toronto, but the famed Canadian architect insisted Monday that the plans simply represent a first draft.

"You have to realize that it's precarious to show projects like this and make them look finished," Gehry said at the official unveiling of the development's suggested design.

"If you show any kind of architecture at these early stages that represent anything outside the norm they get clobbered, because people say, 'Well, you can't do that, you can't afford that.'"

Gehry's vision would see three 80-plus-storey towers — each resembling boxes placed atop one another — jutting into Toronto's increasingly crowded skyline. At street-level, two six-storey podiums with room for a new 60,000-square-foot art gallery



The proposed development by Frank Gehry. CONTRIBUTED/THE CANADIAN PRESS

and facilities for OCAD University would be whimsically embellished by crinkled horizontal strips resembling pieces of paper. Those details were quickly mocked online after the project's designs were first revealed, with many uncharitably describing them as resembling strands of used toilet paper.

THE CANADIAN PRESS

Quebec. Construction inquiry reveals alleged systemic corruption

Quebec's construction inquiry has witnessed its first political bombshells, with a witness testifying Monday about systemic corruption at Montreal city hall and the mayor's own political party.

An ex-construction boss says that, for years, three per cent of all the contracts he received from the City of Montreal went to the political party of Mayor Gerald Tremblay along with a litany of other cash bribes and gifts for municipal bureaucrats.

Lino Zambito described a system in which the 2.5 per cent he gave to the Mafia on each contract, which he testified about last week, was merely the tip of an iceberg of corruption that drove up the

Quoted

"I found it ridiculous how everyone knew about it —and how it continued."

Lino Zambito

cost of construction work in Montreal.

On Monday he described new layers: A one per cent bribe to a city official involved in contracting; a 25 per cent commission that another city official claimed on so-called "extras," the falsified expenses of construction companies; and three per cent for the political party. **THE CANADIAN PRESS**

In mourning

Only Canadian to win women's figure skating gold dies

She was Canada's Sweetheart.

Barbara Ann Scott, the only Canadian to win the Olympic women's figure skating gold medal, died Sunday at the age of 84.

She passed at her Amelia Island, Fla., home with her husband Tom King by her side. The cause of death is not known.

THE CANADIAN PRESS

Bizarre death

Teacher shoots son by accident

An attorney says a popular teacher who fatally shot a knife-wielding prowler in a ski mask and then learned it was his 15-year-old son says he's devastated and filled with questions about what the boy was doing. Jeffrey Giuliano's lawyer tells The Associated Press on Monday that the family is "broken in half" by the tragedy. He says he doesn't expect Giuliano to face criminal charges.

THE ASSOCIATED PRESS



B.C. businessman Albert Chretien and his wife, Rita, are shown in an undated photo. His remains were found one-and-a-half years after he went missing. CONTRIBUTED/THE CANADIAN PRESS

Canadian's body found

Nevada. Discovery of missing man's remains leaves wife distraught but relieved

found in his pockets, including business cards and an address book, police said.

Rita Chretien stayed with the couple's van and was found on the verge of starvation 49 days after her husband went for

and sunflower seeds.

The hunters then went up the mountain and found his body, Carpenter said.

"They know of the story, of what took place and they were in the gen-

had been found after so long, Carpenter said.

"She's obviously upset but she's also relieved that we recovered Albert's remains," he said.

"This wasn't anything that we gave up on. We were continuing searches up in that area and always trying to cover more ground and the thing that people don't know, though, is this ground is steep, rocky, (with) trees. There's roads there but they're really tough."

In the last 18 months, a search-and-rescue crew from Carpenter's department has made countless trips to the area in hopes of finding Chretien's body, he said.

"We've had our group, we've had groups from Idaho, we've had groups from Utah, we've had cadaver dogs. We've had a lot of people up there."

THE CANADIAN PRESS

Quoted

"This wasn't anything that we gave up on. We were continuing searches up in that area and always trying to cover more ground."

Det. Jim Carpenter on the extensive search that was made especially difficult because of steep, rocky terrain

help. She survived on trail mix, hard candy and melted snow and has told church groups her Christian faith kept her going.

Det. Jim Carpenter said the hunters in their 40s found a backpack that Chretien carried when he left the van. It contained a spiral notebook

eral area," he said. "They put two and two together and said, 'Hey, we think we found your missing Canadian guy.'"

"It's big news around here, and everybody who lives here knows the whole story."

Rita Chretien was relieved to hear her husband's body

Wanted man from Nova Scotia arrested in Ontario



David James Leblanc
CONTRIBUTED/THE CANADIAN PRESS

A 47-year-old man wanted in an alleged confinement of a 16-year-old boy in Nova Scotia has been arrested in northern Ontario, police said Monday.

The Ontario Provincial Police said David James Leblanc was arrested Sunday evening on a road in Greenstone, about 250 kilometres north-east of Thunder Bay.

Staff Sgt. Carl Pettigrew said officers received a report at around 6 p.m. of a suspicious man in distress on Lukinto Lake Road.

Pettigrew said someone saw a man wandering along the road with no shoes and in light clothing.

"He appeared to be hav-

ing the effects of being in the elements, not dressed for the conditions, suffering somewhat from exposure," Pettigrew said Monday, adding that the temperature was hovering around the freezing point.

Leblanc made a court appearance in Thunder Bay later Monday for a bail hearing via video from the Greenstone detachment, police said.

Nova Scotia RCMP Sgt. Alain LeBlanc said they're working with Ontario police on bringing the accused back to Nova Scotia.

"We're hoping that this is going to happen this week," said LeBlanc.

Police are also looking for 31-year-old Wayne Alan Cunningham, who they said could be headed to Calgary in a grey 2003 Hyundai Elantra with Nova Scotia licence plate FBP 233.

Both men face charges of forcible confinement and sexual assault.

The RCMP in Nova Scotia began an investigation last week after a woman reported that a teenager arrived at her doorstep in the Lunenburg County community of Upper Chelsea, about 130 kilometres southwest of Halifax. The woman said the boy was chained at his wrists and ankles.

THE CANADIAN PRESS



Vessels collide off Hong Kong coast

A young survivor is comforted by a rescuer on Tuesday after a collision involving two vessels in Hong Kong. Authorities in Hong Kong have rescued 101 people after a ferry collided with a boat and sank. A local broadcaster says eight people died. The government said in a statement that the ferry was carrying about 120 people when the accident happened Monday night near Lamma Island, off the southwestern coast of Hong Kong Island. VINCENT YU/THE ASSOCIATED PRESS

Boy Scouts to review files, report pedophiles

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called perversion files to authorities.

The Scouts had argued they did all they could to prevent sex abuse by spending a century tracking pedophiles and using those records to keep known sex offenders out of their organization. But a court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman

Victims

1,622

A psychiatrist found that of 930 files created between January 1965 and June 1984, there were 1,622 victims.

Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

That could prompt a new round of criminal prosecutions for offenders who have so far escaped justice. Many states

have no statutes of limitations for children victimized when they were younger than 16, so even decades-old crimes could be fair game.

The Scouts began keeping the files shortly after the youth group's creation in 1910, when pedophilia was largely a crime dealt with privately. The organization argues that the files helped them track offenders and protect children, but some of the files released in 1991 showed repeated instances of Scouts leaders failing to disclose sex abuse to authorities. THE ASSOCIATED PRESS

Baird gives hard-hitting speech on the United Nations

UN General Assembly. Canada's foreign affairs minister doles out harsh criticism

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the

United Nations continues to fail to impose binding sanctions that would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said.

"Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will

Reaction

Baird's big speech elicited little reaction.

- **Small audience.** The first speaker at the General Assembly on Monday morning, Baird's appearance was sparsely attended.
- **Met with shrugs.** Following the remarks, one delegate said the organization was largely shrugging off Canada's relatively recent anti-United Nations stance.

now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

"The UN ... must now look outward."

Baird was speaking to the General Assembly on Canada's behalf after Prime Minister Stephen Harper travelled to New York last week not to address the UN, but to accept a world statesman award a few blocks away.

THE CANADIAN PRESS

Focus



John Baird, foreign affairs minister, who gave a scathing speech to the UN, suggesting it needs to look outward

"The UN spends too much time on itself."

Collision

Bird vs. car: Huge flock hits vehicle

A mass collision between a flock of starlings and a car on a stretch of Austrian expressway has left up to 100 of the birds dead and the driver shaken but unhurt.

The Austria Press Agency says the birds suddenly flew from power lines above the multi-lane highway in western Austria downward and directly into the path of the car.

The report did not say how fast the car was travelling Monday, but the speed limit on Austria's autobahns is usually 130 km/h.

THE ASSOCIATED PRESS

Litter. Haitians ignore government ban on plastic bags, foam food containers

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy, crowded market in the community of Petionville, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers without apparent concern they would be stopped. Some said they will keep peddling the goods if the government doesn't provide alternative jobs. Others said they will sell something else if the government enforces the ban.

Alternatives

"It's fine if the government wants to ban the containers."

Vendor Innocent Petit-Frere, who is fine with the ban but thinks the government should create an alternative

The office of Prime Minister Laurent Lamothe announced the ban in August. The goal is to clear some of the litter that is strewn across Port-au-Prince and clogs drainage channels.

THE ASSOCIATED PRESS

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister



PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom. But in the



Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. **IKEA**

Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male

relative.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or

work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea

spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Engleson Sandman.

"The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia."

Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed, are we going to print it again? Those are options we are looking at," said Sandman.

Market Minute



DOLLAR
101.76¢
(+0.05¢)



TSX
12,370.19 (+52.73)



OIL
\$92.48 US (+\$0.29)



GOLD
\$1,783.30 US (+\$9.40)

Natural gas: \$3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Retail study

Sears, Old Navy among stores Target will impact

A new report says the arrival of U.S. retailer Target in Canada next year will take a bite out of the sales of several key rivals.

But Barclays Capital says other retailers that

don't overlap in their offerings may benefit from the increased traffic generated by the new stores.

In a report assessing the impact of Target's arrival, the investment firm says Walmart, Sears Canada, Old Navy, Loblaw's Joe Fresh brand and Canadian Tire are the retailers most at risk.

Barclays says Sears is the most at risk of the

general retailers with significant overlap in its offerings and 37 per cent of its locations less than a kilometre away from a Target location.

Clothing retailer Old Navy will have 42 per cent of its stores within one kilometre of a Target location and also compete in an area of strength for the chain.

THE CANADIAN PRESS

Economics. Yes, there will be bacon

Bacon lovers can relax. They'll find all they want on supermarket shelves in the coming months, though their pocketbooks may take a hit.

The economics of the current drought are likely to nose up prices for bacon and other pork products next year, by as much as 10 per cent. But U.S. agricultural economists are dismissing reports of a global bacon shortage that lent sizzle to headlines and Twitter feeds last week. Simply put, the talk of scarcity is hogwash.

"Use of the word 'shortage' caused visions of (1970s-style) gasoline lines in a lot of people's heads, and that's not the case," said Steve Meyer, president of Iowa-based Paragon Economics and a consultant to the National Pork Producers Council and National Pork Board.

"If the definition of shortage is that you can't find it on the shelves, then no, the concern is not valid. If the concern is higher cost for it, then yes."

Fears about a scarcity of bacon swept across social and mainstream media last week after a trade group in Europe said a bacon shortage was "unavoidable," citing a sharp decline in the continent's pig herd and drought-inflated feed costs. **THE ASSOCIATED PRESS**

NOTICE OF AUCTION:

Storage-Mart #3001 328 Commissioners Rd. W. London, ON

Friday, October 19, 2012 @ 10:45am

Units: #0452D S. Fraser, #0609F A. Green

Storage-Mart #3002 1020 Wonderland Rd. S. London, ON

Friday, October 19, 2012 @ 11:30am

Units: #2208 H. Henry, #2233 D. Johnston, #1419 J. McDonald

Storage-Mart #3003 665 Adelaide St. N. London, ON

Friday, October 19, 2012 @ 10:00am

Units: #0407D S. Elliot, #0620F E. Ackland, #1211A J. Smith, #1270A T. Rose

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Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the provincial statutes. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

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NO PATIENCE FOR PICKY EATERS



SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."
The waiter asks as he rolls his eyes: "Is it an allergy?"
"No ... I just don't like them," I respond as I sheepishly turn away with

embarrassment.

When my nachos arrive I groan: jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While those patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

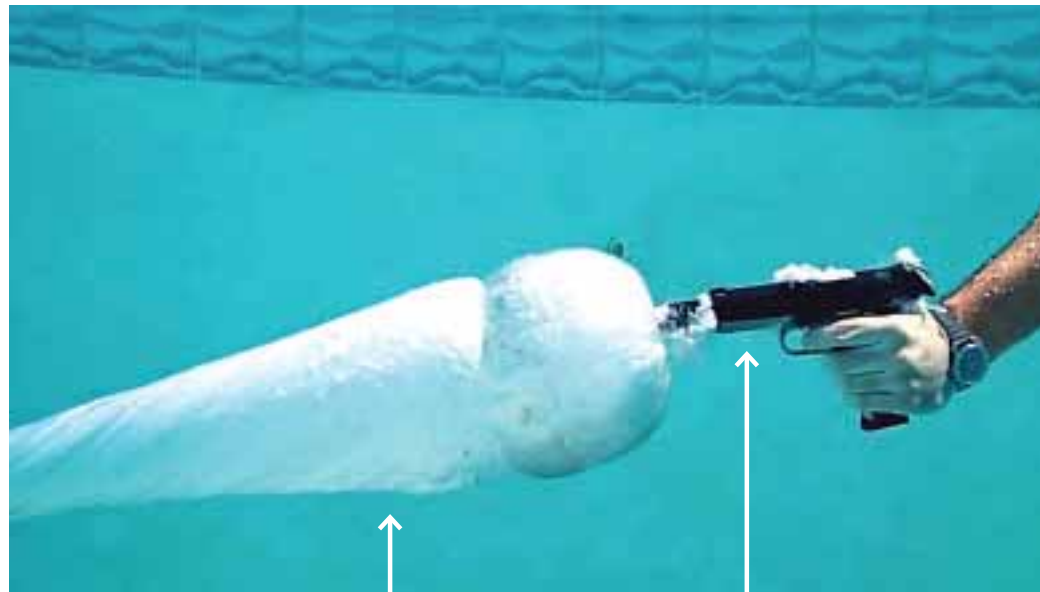
We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on
Twitter @MetroSheSays



Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. **METRO**



Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?

The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?

This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

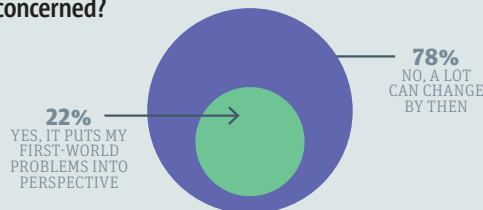
What does this image tell you?

It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. **METRO**



Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@AndrewForgione: and another carpet ruined @tonyayala

@MGirash: Where in #ldnont does one find good corn tortillas?

@jessiegambz: October = midterm month #fan-shawe #yawn

@kmcgold: A new Barakat is opening across from the gym. Looks like a lot more workouts are gonna become irrelevant. #faveswarma #ldnont

@eefau: Purchase a \$1 leaf, a \$5 butterfly, a \$10 acorn or a \$50 cardinal at Shoppers Drug Mart to support @endwomanabuse #LDNont

@intowalls: Petted a black pug on my way to work. That is all



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DVD reviews



Bond 50

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BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director: Tim Burton

Stars: Johnny Depp, Michelle Pfeiffer, Eva Green

.....

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's *Dark Shadows* will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

Apologies to *Boatmen* fans but *Argo* (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, *Argo* is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of

Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Say-eret Matkal, led by Yonatan

Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped

toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (*Death Wish*) starred in the movie adaptation, *Raid on Entebbe*.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA)

seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the

British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish

Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya

was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's

chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton

and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so

they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured

six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerrilla army's leader, to transport

the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

Four Groupe Islamique Armé terrorists disguised as airport employees boarded an Airbus

A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way

into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight

deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film *The Assault* re-enacts the dramatic events.

On the web



Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Christina Aguilera: I'm through being skinny



THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a *Us Weekly* cover story to talk about how she shed the pounds — a.k.a. *Tabloid Journalism 101*.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with *Billboard* magazine, *The Voice* mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album *Stripped*, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off

as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during *Back to Basics* promos and touring."

But for her latest record, she'd had enough: "I told them during this *Lotus* recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of Rick Ross at this weekend's BET awards. He, too, seems to embrace his weight. Dude is chunky. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his weight in relation to his music, is he?



Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's remake of '50s television hit, *The Lone Ranger*. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

Swift to swoon: So who is Taylor going to croon about next?

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells *Marie Claire* magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing

Cupid comes back

"...you make eye contact with someone across the room and it clicks and, bam, you're there. In love again."

Taylor Swift

explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."



Taylor Swift ALL PHOTOS GETTY IMAGES



Arnold Schwarzenegger

Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with *60 Minutes* to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the

woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

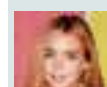


Twitter



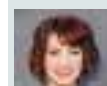
@SethMacFarlane

Hey guy in the audience laughing out loud at the jokes in a Shakespeare play-- you make the world a worse place.



@lindsaylohan

My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!



@diablocody

My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."



@DavidSpade

its shocking how many times i go on web md for 'pill identifier'...

3
LIFE

Get a body like Stefani

Fitness. As No Doubt's sixth studio album, *Push and Shove*, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA
MCGUINNESS
Metro World News

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

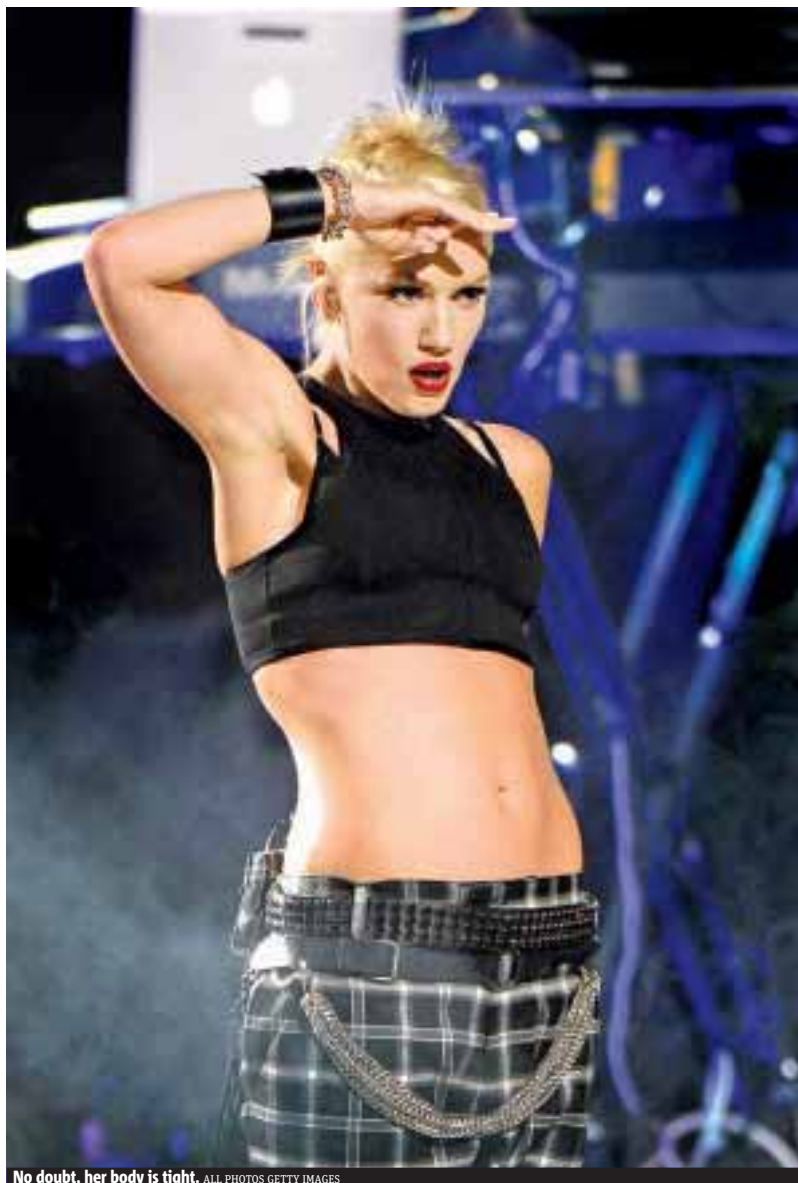
Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES



She looks 20-years-old still.



From the runway to the gym, she still looks good.

more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing cardio and resistance training.

Are you ready to push and shove your way to a leaner body?

More online

Need your abs fix?

- On the web. Go to metronews.ca/scene to guess the celebrity abs

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — *Settle Down* — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear

naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to

On the web



Qriquet

Bats, camels or goats?
Animals under suspicion
in hunt for source of
new virus related to
SARS

Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an in-

Ingredients

Pork

- 1 1/2 lb pork tenderloin, butterflied

Stuffing

- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze

- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly

- 1 tsp balsamic vinegar
- 1 tsp olive oil

- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish

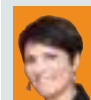
- 3 tbsp chopped parsley

ternal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Health Solutions

Don't gobble gobble extra calories



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter

Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling

Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking

Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha...go ahead)

4. Fill your plate with veggies

When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods

Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor

Never have more than two alcoholic beverages.

After the celebration season, you may some exercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Final meal on the outdoor grill: Cumin-Glazed Ribs

Ingredients

Avocado-Pineapple Salsa

- 30 ml (2 tbsp) each lime juice and tequila
- 30 ml (2 tbsp) brown sugar
- 1/2 ripe pineapple, trimmed and cut lengthwise into slices
- 50 ml (1/4 cup) white balsamic vinegar
- 1/2 small red onion, diced

- 1 jalapeno pepper, stemmed, seeded if desired, and minced
- 125 ml (1/2 cup) chopped cilantro
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) black pepper

- 1 ripe avocado, halved, seeded, peeled diced

Cumin-Glazed Ribs

- 50 ml (1/4 cup) paprika
- 50 ml (1/4 cup) each ancho chili powder and cumin
- 30 ml (2 tbsp) salt
- 2 kg (4 1/2 lbs) pork baby back ribs
- 50 ml (1/4 cup) chopped garlic

- 3 jalapeno peppers, stemmed and seeded if desired
- 15 ml (1 tbsp) ground cumin
- 45 ml (3 tbsp) hot sauce
- 250 ml (1 cup) freshly squeezed lime juice
- 5 ml (1 tsp) salt
- 250 ml (1 cup) honey

1. Salsa: In bowl, combine lime juice, tequila and brown sugar. Add pineapple and toss. Let marinate 30 mins. Remove pineapple and set aside.

2. Transfer marinade to saucepan over medium heat. Add vinegar and simmer, stirring often until reduced by half. Remove from heat and cool.

3. Heat grill to medium-high. Wipe grill with an oiled towel and place pineapple on grill at an angle. Cook for 6 to 8 minutes, turning frequently, until outside of pineapple is lightly golden and caramelized.

4. Remove from grill, let cool and cut into 5-mm (1/4-inch) dice. In a bowl, combine pineapple with vinegar mixture. Gently toss in onion, jalapeno, cilantro, olive oil, salt, pepper and avocado. Taste and adjust seasoning as necessary.

5. Ribs: In bowl, combine paprika, chili powder, cumin and salt. Pat spice mixture all over ribs and let stand for 30 minutes.

6. Heat grill to 150 C (300 F). Place ribs in a single layer in a baking pan and add 5 mm (1/4 inch) of water to pan. Bake uncovered for 45 minutes on grill



This recipe serves four. THE CANADIAN PRESS/H/O

with lid closed. Cover ribs with foil and bake for an additional 45 minutes or until very tender.

7. Glaze: Purée garlic, jalapenos, cumin, hot sauce, lime juice and salt in food processor. Pour mix into saucepan and stir in honey. Cook over low heat for 20 minutes, stirring constantly and being careful not to burn.

8. Increase grill temperature to 230 C (450 F). Remove ribs from baking pan and spread generously with glaze. Grill for 5 minutes per side, frequently brushing with additional glaze.

9. To serve, cut ribs apart and serve hot with salsa. **THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION**

Mexican touch. Mole Pulled Pork Sandwich



This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich.

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce

and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tsp cocoa powder
- 1/4 tsp each cinnamon, black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped



Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on ten-

aciously for many months.

"Postpartum depression occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

The study was published recently in the Canadian Journal of Psychiatry.

Why family mealtime matters

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Jessica Hoffman, PhD, an associate professor in the department of counselling and applied educational psychology at Bouve College of Health Sciences at Northeastern University in Massachusetts.

"It's an opportunity for children to expand their vocabu-

lary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also

provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

"Family dinnertime is an opportunity for parents to mon-

itor what's going on in their children's lives and spot any possible academic problems," adds Hoffman.

But if the matter is a personal one, it's best to discuss it in private.

"Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Hoffman. "Do



Children can improve many skills when they assist their parents with cooking. ISTOCK

it as often as you can without stressing about it — but the more family dinners you share, the better."

Hoffman advises getting children involved in preparing a meal, too.

"There are so many skills that cooking helps improve.

There's math involved in measuring and fractions. You're dividing for recipes and calculating amounts. There's reading and learning how to follow directions. There's sequencing and coordination. Plus, kids are more likely to eat what they have helped cook."

Studies show

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.

- Columbia University's Na-

tional Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.

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At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.
A quick guide to the acceptable level of tipping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the

bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coin's into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order.

Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of \$3.

If hotel staff helps you to your room with bags or fetches your car from

underground parking, \$2 to \$10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret.

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Follow Lesley on Twitter
@LesleyScorgie



Cool new financial tool



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are a stickler with money details or adrift in a sea of financial bloopers, there is a new tool to help you improve the money side of life.

Your Financial Toolkit has just been launched by the Financial Consumer Agency of Canada (FCAC) fcac-acfc.gc.ca/eng/index-eng.asp along with the Investor Education Fund (IEF) getsmarteraboutmoney.ca.

At first, I was a bit skeptical. I've seen dozens of so-called financial literacy tools and many of them are, quite frankly, insults to the intelligence.

I cantered through the 12 topics, which include budgeting, investing, income taxes and financial planning and I'm happy to report there is something for everyone.

There are case studies, basic and more advanced information, as well as interactive exercises and tips sprinkled through most of the modules.

Figuring out what you spend is one of the hardest aspects of budgeting — and most people are way off in their estimates.

The toolkit offers this process.

1. Keep every receipt.
2. Record every expense daily.



Tools and quizzes are useful because they force you to pay attention to your financial life. ISTOCK IMAGES

3. Review bank and credit statements to identify additional expenses (eg. automatic debits.)
4. List irregular expenses such as gifts, donations, taxes, car and home repairs.
5. Total expenses monthly.
6. Do this for at least three months.

For irregular expenses (eg. vacations) estimate them for the entire year and add 15 per cent for the unexpected. Then divide by 12 to get a monthly total. Sure, you won't spend that money every month but you will over the year so this is a good way to account for it.

One small quibble — in the Income section there are three "Other" categories to note unusual or periodic income but

you can't define what they are.

If you want to name your own categories you can go to the FCAC's rigorous budget calculator and download the Excel file, which allows you to customize the cells and save them for future reference.

Also, in the mouse-over explanations for the Income section, it states the self-employed are not generally eligible for employment insurance benefits.

Actually, as of 2011, the self-employed can opt to pay in and later collect maternity, parental, sickness and compassionate care benefits.

All in all, however, the toolkit is interesting and helpful (and fun too, if you like taking quizzes).

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THE BEST OF BOTH WORLDS

AT KING'S COLLEGE

A vibrant community within a community — whether you are talking about its place within Western University or the larger London community in which it resides, King's University College is a strong, vibrant heart of both.

"I know it can sound like a tagline, but it's absolutely true — we offer the best of both worlds," explained Matt Quinn, King's manager, communications and media relations. "We're very, very community focused. We offer smaller class sizes and a connection to the teachers. And then you can also take advantage of classes on (Western's) main campus, the libraries, and the athletics.

"It's great to be part of a community here, but it's also great to have an affiliation with Western. At the end you're



ISTOCKPHOTO/THINKSTOCK

recognized as a graduate with a Western degree."

With a strong foundation of social work and community involvement, King's students are strong and proud contributors to the city of London itself.

"We're very community focused. We've got some great programs, like bridging week, where you get to meet students and get to know the London community," Quinn says. "You don't just exist in a bubble. A lot of our students talk about giving back to the community, especially those within our social work programs.

"They're in the community and they're

very engaged, not only on our own campus but in the London community as a whole."

That engagement has become vital to the strength of King's programs. The social work program at King's has cultivated strong relationships with organizations within the greater London community, and the school often invites members of the community on campus to speak to students.

King's was founded in 1954 and is currently home to approximately 4,000 full- and part-time students. Approximately 10 per cent of those are international students who have chosen to call London

their home. And while Catholicism has played — and continues to play — a key role in the school's development (it is sponsored by Roman Catholic Diocese of London), Quinn says the school prides itself on its inclusionary nature.

"We're known as a liberal arts facility. We're a Catholic affiliate, but you don't have to be Catholic to attend King's," he says. "It's open to all religions. And we believe this helps teach students to be really good critical thinkers.

"We believe in an education of the whole: Mind, body, and spirit. A lot of students here are also athletes at Western."

For more, visit kings.uwo.ca/.

Join us for King's Welcome Days

**Saturday, November 3, 2012
1:00 p.m. - 3:30 p.m.**

- Talk to professors, students and staff about academic programs and student life.
- Tour the campus.
- Experience the King's/Western advantage.
- To reserve your spot, please call **519.433.3491 x4312**, e-mail kings@uwo.ca or visit www.kings.uwo.ca

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COLLABORATION

CONSORTIUM MAKES TRANSFERRING CREDITS EASIER FOR STUDENTS

Seven of Ontario's most well-known post-secondary facilities have come together in an effort to help students succeed thanks to the establishment of the University Transfer Credit Consortium. The consortium allows students taking first-year arts and science credits at any of the participating universities and have them transfer for general credit at any of the other schools.

"For whatever reason, they may not be able to take courses at their home university — it could be a course they really need, but can't fit it into their schedule, or the school may not offer that particular class," says Cheryl Regehr, the vice-provost of academic programs at the University of Toronto. "They can now choose online courses, summer classes, or any of our other options.

"It simplifies and streamlines the process and improves the experience for our students."

It may be simplifying the process, but in no means was it simple. The participating schools established 20 baseline courses and worked to ensure that common standards and curriculum were set. The participating schools are McMaster

University, Queen's University, the University of Guelph, the University of Ottawa, the University of Toronto, the University of Waterloo, and Western University.

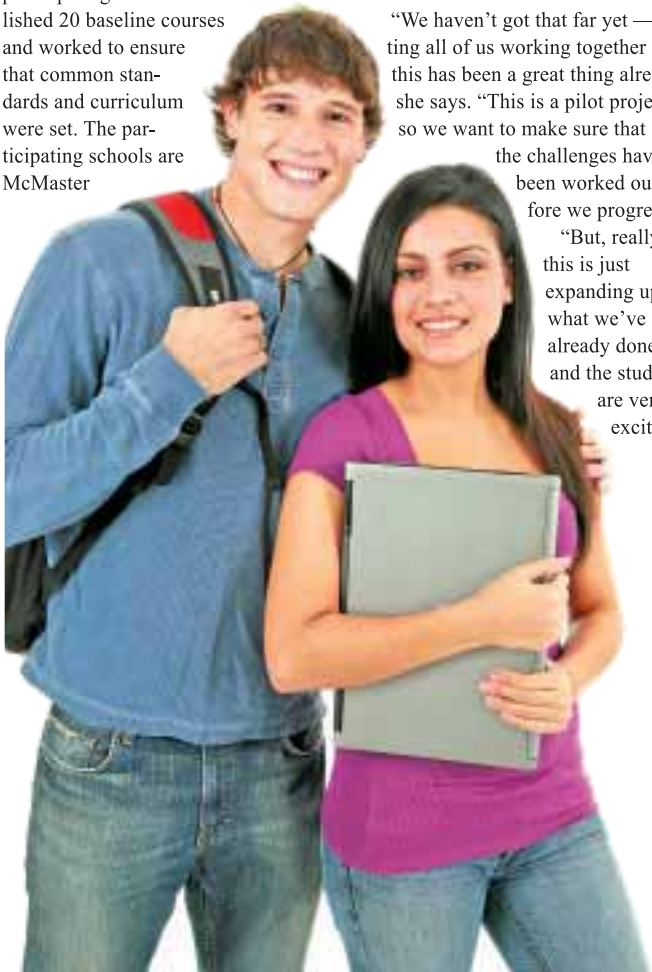
"We have a group of universities that work together on a number of different things, ranging from research projects to education policy issues," she says. "Each of the institutions in this partnership are giving students a really good learning experience and this is just another option to make it easier for the student."

Both students and educational institutions alike have recognized the value of this program, Regehr says. For example, students who return home for the summer are able to take courses again that can be transferred. And, in some cases, one's school may not offer a class or program that's of particular interest to the student.

This project is now in effect and Regehr says she can see expansion in the future once all the t's have been crossed and i's dotted.

"We haven't got that far yet — getting all of us working together on this has been a great thing already," she says. "This is a pilot project, so we want to make sure that all the challenges have been worked out before we progress.

"But, really, this is just expanding upon what we've already done, and the students are very excited."



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NFL

Colts' Pagano battling leukemia

Indianapolis coach Chuck Pagano has been diagnosed with leukemia and is expected to be hospitalized six to eight weeks as he undergoes treatment.

He will be replaced on an interim basis by offensive co-ordinator Bruce

Arians.

Team owner Jim Irsay made the announcement Monday during a sombre and sometimes emotional news conference at the team complex.

"I think it's unlikely he'll be all in as the head coach the rest of this season," Irsay said. "He may be able to come back and be in the press box or something."

THE ASSOCIATED PRESS



Chuck Pagano on the Colts sideline
Sept. 23. GETTY IMAGES FILE

NHL

Ex-Leaf Franson trying Scandinavia

Cody Franson is on his way to the Swedish Elite League to play for Brynas. The team made it sound like the blue-liner was signed for the entire season, but his agent later clarified he can return to the NHL if the lockout ends. THE CANADIAN PRESS

NHL



"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton



Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage will make it easier to make a deal

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky during a question-and-answer period at a panel discussion on personal finance on Monday in Toronto. "I think the hard part of their deal was the

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbor to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are

very smart men, they're both very intelligent," said Gretzky. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way."

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS

NBA

Howard on Bryant: 'I know he's going to be tough on me'

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

Howard is just getting started on his real education from the Los Angeles Lakers and Kobe Bryant.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I want to be that guy. I'll take all the heat he's going to give me, because I know at the end of the day, it's going to make me a better player and a better person.... I'm willing to go through that process, learn from one of the greatest ever to play the game, and I think it'll be great." THE ASSOCIATED PRESS

NBA. Raptors GM expects wins to begin this season

If last season was about developing, Bryan Colangelo says this season is about winning.

The Toronto Raptors held their annual media day Monday in what the team's general manager called a "completely different atmosphere" from last season.

"You go into a season excited about what the prospects are," Colangelo said. "I cannot say that I went into last season excited about what the prospects were."

A young Raptors squad finished 23-43 in the lockout-shortened 2011-12 season, but expectations weren't nearly as high.

Jonas Valanciunas may be the biggest reason for the optimism. The 20-year-old from Lithuania was Toronto's fifth pick in the 2011 draft, but the Raptors left him in Europe for



Jonas Valanciunas during Raptors media day Monday in Toronto.

THE CANADIAN PRESS

another season to continue to develop.

The GM said this year's new-look roster reminds him of the team he assembled in his first full season in Toronto in 2006-07. Andrea Bargnani was a rookie on that squad that went on to win the Atlantic Division and play New Jersey in the first round of the playoffs.

THE CANADIAN PRESS

Mobile sports



Cricket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

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Horoscopes

Aries

March 21 - April 20

There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

Taurus

April 21 - May 21

Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

Gemini

May 22 - June 21

You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

Cancer

June 22 - July 23

Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

Leo

July 24 - Aug. 23

No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

Virgo

Aug. 24 - Sept. 23

The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

Libra

Sept. 24 - Oct. 23

No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

Sagittarius

Nov. 23 - Dec. 21

Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

Capricorn

Dec. 22 - Jan. 20

Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

Aquarius

Jan. 21 - Feb. 19

Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

Pisces

Feb. 20 - March 20

You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

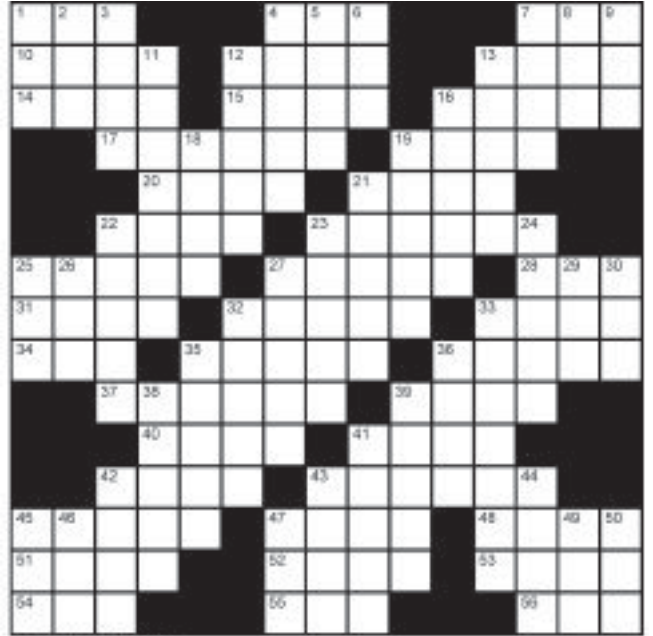
Three PMs

Across

- Request
- Dampen
- Taxi
- William Lyon Mackenzie ____: 10th Prime Minister
- "____ be of service?" (2 wds.)
- For ____ sign
- Additive to shampoo and shaving cream
- Corrida cries
- ____ Leaf
- Cakes often made with ground nuts
- Bathroom flooring material
- Stadium shouts
- Pop
- Henhouse yield
- World's second largest country
- BMW subcompact models that once had the Cooper name
- Birds of peace
- Sesame Street viewer, typically
- Opera set on the Nile
- Capricious escapade
- Sky color
- ____ de Janeiro
- Peeled
- Come to understand
- Calgary NHL team
- Pots and ____
- Angered
- "Frankly, my dear, I don't give a ____"
- Highway or bridge fee
- Leader of 23-Across
- Saltwater
- Need

Down

- Alias
- ____ vous plait
- Slip, top, or granny
- Land on the Irish Sea
- Potato buds
- "____ the season to be jolly"
- Nova Scotia's ____ Breton Island
- Everything
- Spelling competition
- The Gulf Islands are in BC's Strait of ____
- Butterfly relatives
- Caesar or Waldorf
- Gold-loving king
- From ____ to riches
- Laser printer need
- "____ by the bell!"
- At the ____ one's rope: desperate (2 wds.)
- Deals (with), as a problem
- Map book
- Cause surface damage to
26. 3 on a sundial
- Had the courage to try
- Beginning of the Lord's Prayer
- Start of a countdown
- Animal with a hump
- R.B. ____: 11th Prime



- Minister (1930-35)
- "Ici on ____ français"
- Bedside light
- BC CFL Team
- Liberal or Conservative ____
- Inferno author
- Canada's quintessential coffee and donut place, familiarly
- Loathe
- Apartment division

- Sheep cry
- Cut of meat that's often barbecued
- One skilled at repartee
- Credibility ____; knowledge disconnect
- Personals

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



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Wednesday 22°/13° Showers 40%

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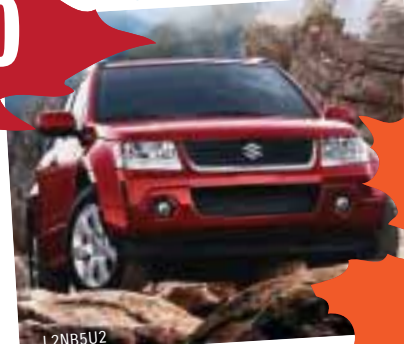
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